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October 2006

Dear Colleagues:

Welcome to the ninth issue of Eat Right Montana's 2006 Healthy Families Campaign. We continue this month with our annual theme of "Play Local, Eat Local, Live Healthy".

In this month's press release we hear from Phyllis Dennee of the Montana State University Extension Service with information on the nutritional value of wild game meat as well as tips for handling and preparing game meat. The "Eat Local" handout provides additional information on this timely, hunting season topic.

In the *Play Local* handout, we explore outdoor photography as a means of being physically active in our local communities. For many, combining an enjoyable hobby with activity is just the spark needed to get out and be active each day.

As always, Eat Right Montana thanks the generous donors listed at the left. Through their support, the production of these monthly Healthy Families packets is possible. Eat Right Montana is a non-profit organization dedicated to the promotion of healthful eating and active lifestyles. New members to this organization are always welcome and may contact one of the individuals listed below for membership information.

Your feedback is important to us; please let us know what you think. For a complete archive of past Healthy Families packets, go to:

www.montanadieticassociation.org/promo.html

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Physical Activity



Outdoor Photography: A Way to Actively Enjoy Local Beauty

Physical activity takes many forms. Running a marathon may be good for a select few, but the majority of folks who maintain healthy levels of physical activity are not marathon runners. In fact, very often regular physical activity is achieved by combining active living with an enjoyable hobby.

Outdoor photography may be just the perfect hobby for some individuals looking to combine an artistic passion with active living. It is an activity that can be enjoyed by all age groups, and it provides a reason to explore new places in your local community with an observant eye.

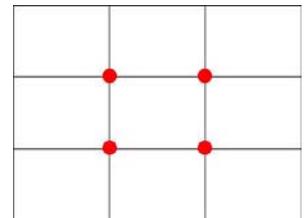
- Long and short walks while photographing in the outdoors can:
- Help build and maintain healthy bones, muscles and joints
 - Help maintain a healthy weight
 - Prevent or delay the development of high blood pressure
 - Reduce symptoms of anxiety and depression
 - Improve mood and sense of well-being
 - Help manage stress



Outdoor Photography Tip: "The Rule of Thirds"

The "Rule of Thirds" is considered the golden rule in photograph composition. Imagine that your photograph is divided into a tic-tac-toe grid (three horizontal sections and three vertical sections). In order to compose your most well-balanced photo, place your subject near the intersections of the imaginary grid lines.

The result of this "Rule of Thirds" trick is that it allows the viewer's eye to travel into the photo, creating a much more pleasing snapshot.



For more information on outdoor photography, visit the following websites:

Outdoor Photographer Magazine: <http://www.outdoorphotographer.com/>

Betterphoto.com: <http://www.betterphoto.com/home.asp>

Healthy Eating

Game Meat as Part of a Healthy Diet

In certain regions of the country, hunting wild game is not only a seasonal sport for many, but a means for securing a supply of lean, nutritious meat. These wild meats, including moose, antelope, deer, elk and caribou (all referred to as venison), are great sources of protein while containing significantly less fat than beef or pork.

Nutrient Comparison of Different Meats:

3 ounces	Calories	Fat	Saturated Fat
DEER	134	3	1
ELK	124	2	1
MOOSE	114	1	0
CARIBOU	142	4	1
ANTELOPE	127	2	1
BEEF	259	18	7
PORK	214	13	5

Source: U.S. Department of Agriculture

Food Safety and Wild Game

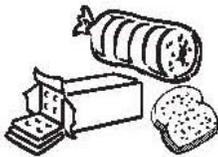
The proper handling and care of food harvested from the wild is essential in order to avoid foodborne illness. The following areas all have specific food safety considerations:

- Field Dressing – use practices that reduce your risk for contracting disease and keep meat away from contaminants.
- Transporting game- keep carcass in cool, clean environment.

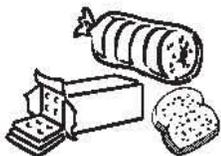


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Healthy Eating



Food Safety and Wild Game (continued):

- Processing game
 - Processing at home – cool temperatures (40 degrees or less) are important for aging and processing meat.
 - If hiring out processing, select a meat processing facility with a reputation for proper handling and sanitation.
- Storage of processed meat – use clean packaging material, properly label packages with cuts and dates, freeze promptly

For specific food safety guidelines for wild game, go to: Proper Care and Handling of Venison from Field to Table

Source: Pennsylvania State University Cooperative Extension)

<http://pubs.cas.psu.edu/FreePubs/pdfs/uk066.pdf>

Tips for Cooking Wild Game

For folks used to cooking with beef or pork, the leaner meat of wild game can present challenges. Maintaining moisture while cooking wild game is critical to a good outcome. Some basic tips for successful wild game cooking include:

- Cook meat slowly using moist heat
- Baste often with a marinade sauce or oil
- Wrap roasts in aluminum foil after browning or cook in a covered roasting pan
- Always cook to a safe internal temperature (165° F for ground meats, chops, steaks and roasts)

A wonderful resource of wild game recipes and cooking tips may be found at:

<http://www.msue.msu.edu/msue/imp/modac/visuals/E657.pdf>.



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EAT LOCAL, PLAY LOCAL, LIVE HEALTHY
Celebrating Healthy Families 2006

Wild Game Meat: Nutritious and Delicious

Hunting season has arrived. While for many hunters, the allure of “the hunt” is the primary focus of the season, health experts agree that the nutritional benefits of wild game are also well worth acknowledging.

“Without a doubt, when wild game or birds are harvested in a safe manner and care is taken both in the field and in the kitchen to maintain good food safety conditions, this meat can be both a nutritious and tasty addition to your menu”, says Phyllis Dennee, Nutrition Education Specialist with Montana State University Extension Service.

While all meats are a great source of protein, iron and B-vitamins, wild game has the added benefit of being low in fat. The natural flavor of wild game meat varies among species and is largely related to the animal’s diet. Wild deer is often described as having a full deep taste and a supple and tender texture.

“Deer and antelope naturally taste as distinctly different from one another as beef and pork. However, if an undesirable strong ‘gamey’ flavor is the most predominant one, likely the handling and preparation of the animal between the field and the plate was not done correctly”, Dennee adds.

Game meats are often drier and sometimes less tender than meats of domestic animals. But by following some basic preparation steps, the richer flavors of this wild meat can be enjoyed.

Dennee recommends the following tips when preparing wild game meat dishes:

- Trim the excess fat from all of your game meat cuts. The fat can add to an ‘off’ flavor, so removing it is important.
- Game meat should not be overcooked; however it should be cooked adequately for safety (to 165 °F).
- Use marinades and sauces – these help keep the meat moist and enhance the natural rich flavors (Dennee’s favorite marinade is a bottled Italian salad dressing)

So enjoy hunting season, but practice vigilance in keeping your nutritious bounty safe to eat. For more information on safe handling and preparation of wild game meat, go to the North Dakota State University – Wild Game Resources website:

<http://www.ag.ndsu.edu/pubs/yf/foods/hunting/wg-pubs.htm>

HEALTHY FAMILIES 2006

Eat Local, Play Local, Live Healthy

Month	Eat Local Theme	Play Local Theme
January	The benefits of choosing local foods	Resolve to play locally in 2006
February	Overview of locally produced foods	Let's stay active through the winter
March	Locally produced meat	Let's get walking!
April	Growing your own food	Let's bike in Big Sky country
May	Eating locally when eating out	Let's go fishing
June	Identifying local foods at the grocery store	Let's go canoeing and kayaking -from mellow to zany!
July	Farmers Markets - buy local	Let's hike - enjoying the outdoors
August	Locally produced whole grains	Let's get active with kids
September	Back to school with local food	Let's go hunting
October	Harvesting wild foods - game, fish, berries	Let's do some outdoor photography - activity and art all in one
November	Local foods in food banks and pantries	Let's find adventure through Lewis and Clark
December	Giving gifts of locally produced foods	Let's bundle up and explore - winter wonderland returns



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